MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 2, 2015 / 2016

PGP 1010 – ENGLISH FOR GENERAL PURPOSES

(All Groups)

5 MARCH 2016
2.30 p.m. – 4.30 p.m.
(2 Hours)

INSTRUCTIONS TO STUDENTS

1. This question paper consists of **13** printed pages.
2. Answer **ALL** questions in **Sections A** and **B**.
3. Shade all your answers for Section A on the OMR sheet.
4. Write your answers for Section B in the space provided in the Question Paper.

SECTION A: READING COMPREHENSION [30 MARKS]

Instructions: There are thirty questions in this paper. For each question, choose the most appropriate answer.

Questions 1 to 7 are based on the following passage.

1 Can you eat your way to a century? I am referring to the Japanese, Sardinian and Ikarian diets, or any of the regional, usually traditional, ways of eating that have been credited with keeping an improbable proportion of their populations alive beyond the age of 100. Last week, the oldest man ever on record, Jiroemon Kimura, from Kyoto, passed away at the age of 116. His death, and the fact that the new record holder, 115-year-old Misao Okawa, is from Osaka, reminded us that the Japanese know a trick or two when it comes to living beyond 100. According to the United Nations, they have the greatest proportion of centenarians in the world and a great deal of knowledge concerning diet.

2 American gerontologist, Dr Craig Willcox, who has spent many years investigating longevity in Okinawa summarises the benefits of the local diet: "The Okinawans have a low risk of arteriosclerosis and stomach cancer, a very low risk of hormone-dependent cancers, such as breast and prostate cancer. They eat three servings of fish a week, on average, and plenty of whole grains, vegetables and soy products, more tofu and more konbu seaweed than anyone else in the world, as well as squid and octopus, which are rich in taurine and could lower cholesterol and blood pressure." Okinawa's indigenous vegetables were particularly interesting: their purple sweet potatoes are rich in flavonoids, carotenoids, vitamin E and lycopene, and the local bitter cucumbers, or "goya", have been shown to lower blood sugar in diabetics.

3 Of course, your destiny as a potential centenarian will also be determined by your DNA, upbringing and temperament, as well as how physically active and sociable you are; the climate where you live; the standard of healthcare available; how relaxed you are about timekeeping; whether you take naps and are religious; wars, and so forth. Being born a girl helps: 85 per cent of the world's centenarians are female. However, it is generally accepted that diet determines around 30 per cent of how long we live. Some argue it can add as much as a decade to your life. So, the question then becomes, should we all switch to a diet of tofu, sweet potatoes and squid?

4 According to Professor John Mather, a director of the Institute for Ageing and Health at Newcastle University, it probably would not do any harm but the prevailing scientific evidence weighs more heavily in favour of Mediterranean diet. "There is not enough research on people who adopt the Japanese diet in non-Japanese settings," he says. "It is true Japan holds the longevity record at the moment, but if you go back a little, it was Sweden or New Zealand." Mather, who has researched on nutrition for 40 years, adds that the Nordic diet of the Swedes has made a late surge, with recent research pointing to the benefits of its fish, and more controversially, dairy-rich diet (the latter is an anomaly in longevity diets: the Japanese eat little dairy, and in the Mediterranean diet it is mostly limited to cheese and yoghurt). Nevertheless, he still prefers to point to

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the well-documented longevity of the people in the Mediterranean regions, especially of the Nuoro province of Sardinia or the Greek island of Ikaria, the latest destination on the fountain-of-youth trail.

5 Last month, a newspaper reported that one in three Ikarians make it past 90. Among the dietary factors cited for their longevity are herbal teas rich in antioxidants (including wild mint, which is good for digestion, and artemisia for blood circulation), litres of olive oil, plenty of fresh vegetables and little meat or dairy. The United States' longest-lived community, the Seventh Day Adventists of Loma Linda, California, also eat a largely vegetarian diet, and the people of Costa Rica's Nicoya peninsula, which is another of the world's so-called "blue zones", which are places identified by longevity researchers where people live to a notably riper age. Apparently, they eat large quantities of vegetables and beans.

6 According to some, those dietary patterns also include calorie restriction (CR), which means simply eating less, even of the good food that seems to contribute to a long life. Ikaria, Okinawa, Sardinia to an extent, and parts of Scandinavia, have all suffered from periods of food shortage and their traditional diets adapted to scarcity. Many now believe that reducing your daily calorific intake from 10 per cent to as much as 40 per cent below the western average can stall chronic diseases and boost immunity. Willcox advocated this approach, the Okinawan dinner time mantra, "hara hachi bu" which means "eat until you are $8/10^{ths}$ full".

Adapted from Booth, M. 2013. The Okinawa diet, could it help you live to 100? Retrieved from http://www.theguardian.com/lifeandstyle/2013/jun/19/japanese-diet-live-to-100

1. In paragraph 1, the Japanese have all of these, **except**
   A. knowledge of diet and longevity.
   B. more than half a dozen of traditional ways of eating.
   C. been known to have the highest record of living above a hundred years old.

2. What was the conclusion that the American gerontologist made of the Okinawan diet?
   A. It prevents the people from getting certain illnesses.
   B. It is complex and needs many years to investigate its benefits.
   C. It includes the highest amount of tofu and konbu seaweed compared to other diets.

3. The main idea of paragraph 3 is
   A. females will normally outlive men.
   B. other factors, besides diet, influence your chance of living beyond 100.
   C. a diet that is rich in tofu, sweet potatoes and squid can increase your lifespan around 30 per cent.

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4. Why does the prevailing scientific evidence not favour the Japanese diet?
   A. There are too few people who have adopted the Japanese diet in other countries.
   B. The people in Sweden and Newcastle have also been found to live as long as the Japanese.
   C. The longevity of the people who live in the Mediterranean is well-documented compared to the Japanese.

5. What is *the anomaly in longevity diets* that is referred to in lines 38-39?
   A. A diet which is rich in dairy
   B. A diet which is rich in seafood
   C. A diet which is limited to cheese and yoghurt

6. What is the similarity that could be observed among the people of Ikari, Seventh Day Adventists and the Nicoya peninsula?
   A. They suffer from very few diseases due to their low intake of meat or dairy.
   B. They live longer because they consume a large amount of vegetables regularly.
   C. They follow the Mediterranean diet and use a generous amount of olive oil in their cooking.

7. "Hara hachi bu" recommends that we should
   A. restrain from eating to the point that we are completely full.
   B. focus on eating a large amount of the food that is linked to longevity.
   C. remember how people used to suffer during the period of food scarcity.

*Questions **8** to **15** are based on the following passage.*

1 Among its many other cultural and economic assets, Google is accumulating a rather comprehensive record of what is troubling us, from asking the search engine to diagnose our disease symptoms to whether we will ever find true love. It seems only natural, then, to turn to Google to decrypt the latest piece of technical jargon, "the internet of things". What is the internet of things and why does it matter? The internet of things or IoT is not new: technology companies and pundits have been discussing the idea for decades, and the first internet-connected toaster was unveiled at a conference in 1989. At its core, IoT is simple: it is about connecting devices over the internet, letting them talk to us, applications, and each other. The popular, if silly, example is the smart fridge: what if your fridge could tell you it was out of milk, texting you if its internal cameras detected there was none left, or that the carton was past its use-by date?

2 Where it is most common, in Britain at least, is home heating and energy use. It is partially because the government is pushing energy companies to roll out smart meters. They have clever functions that let you turn on heating remotely, set it to turn down the temperature if it is a sunny day, or even turn off when there is no-one home. Some can tell the latter with motion-sensing cameras, or simply by seeing that your smartphone, and therefore, you have left the premises. IoT is more

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than smart homes and connected appliances, however. It scales up to include smart cities that have connected traffic signals that monitor utility use, or smart bins that signal when they need to be emptied, and industry, with connected sensors for everything from tracking parts to monitoring crops.

3 Everything new and shiny has downsides, and security and privacy are the biggest challenges for IoT. All these devices and systems collect a lot of personal data about people; for instance, smart meter knows when you are home and what electronics you use when you are there, and the data are shared with other devices and held in databases by companies. Security experts argue that not enough is being done to build security and privacy into IoT at these early stages, and to prove their point have hacked a host of devices, from connected baby monitors to automated lighting and smart fridges, as well as city-wide systems such as traffic signals. Hackers have not, for the most part, put much attention to IoT; there is likely not enough people using connected appliances for an attack against them to be worth the effort, but as ever, as soon as there is a financial benefit to hacking smart homes, there will be a cyber-criminal working away at it.

4 How the internet of things affects business and work will all depend on the industry: manufacturing is perhaps the furthest ahead in terms of IoT, as it is useful for organising tools, machines and people, and tracking where they are. Farmers have also been turning to connected sensors to monitor both crops and cattle, in the hopes of boosting production, efficiency and tracking the health of their herds.

5 The examples are endless, and all we can predict is that connected devices will likely creep into most businesses, just the way computers and the web have. When the efficiencies are with tools or plants, it is easy to appreciate the potential benefit, but when it is office workers who are being squeezed for more productivity, it could take on a bit of a dystopian shade: imagine your security access card being used to track where you are in the building, so your boss can calculate how much time you are spending in the kitchen making tea. On the flip side, a smart tea maker that knows just when you are in need of a cup of tea could be very handy indeed.

6 For healthcare, Smart pills and connected monitoring patches are already available, highlighting the life-saving potential of IoT, and many people are already strapping smartwatches or fitness bands to their wrists to track their steps or heartbeat while on a run. There is a host of clever connected health ideas: Intel made a smart band that tracks how much Parkinson's disease patients shake, collecting more accurate data than with paper and pen; Sonamba monitors daily activities of senior or ill people, to watch for dangerous anomalies; and people with heart disease can use AliveCore to detect abnormal heart rhythms. Healthcare is one area where more data has the potential to save lives, by preventing disease, monitoring it and by analysing it to create new treatments.

7 A decade from now, everything could be connected or perhaps only bits and pieces with specific benefits, such as smart meters; and we may call it IoT, smart devices or not call it anything at all, the way smartphones have simply become phones. No matter where it is or what we call it, IoT is real, but what it will look like in the future is something even Google cannot answer.

Adapted from Kobie, N. (2015). What is the Internet of things? Retrieved from http://www.theguardian.com/technology/2015/may/06/what-is-the-internet-of-things-google

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8. The Internet of things is basically
   A. using the Internet to link devices so that data could be obtained and used.
   B. using Google to obtain a comprehensive record of what consumers normally search for online.
   C. using what technology companies and pundits have discussed to help consumers use their modern devices.

9. Below are the features of a smart meter **except**
   A. switching off the electricity automatically if no one is home.
   B. recording the number of times the homeowners leave their premises.
   C. enabling the homeowners to remotely adjust the temperatures according to the weather.

10. What is the biggest threat for the Internet of things at its early stages?
   A. Security and privacy risks
   B. Interference from the government
   C. Attacks from cyber-criminals or hackers

11. Farmers could benefit from the internet of things by
   A. using connected sensors to keep track of their herds' health.
   B. using the internet to gather the latest information on crops and cattle.
   C. using smart devices to track the production rate of their staff on the farm.

12. In lines 40-41, the sentence *connected devices will likely creep into most businesses* means that the devices will
   A. secretly be used by most businesses
   B. eventually be utilised in most businesses
   C. gradually take over human roles in most businesses

13. Why would connected devices put office workers at a disadvantage?
   A. Their caffeine needs could be catered for promptly.
   B. Their bosses will demand for increased productivity.
   C. Their activities in the office could be tracked and monitored.

14. What is the main idea of paragraph 6?
   A. The Internet of things has boosted the health industry.
   B. The Internet of things has helped people to become more health-conscious.
   C. The Internet of things has assisted many patients to recover from their illnesses.

15. The author ends the article by
   A. expressing concern for the future.
   B. showing support for the Internet of things.
   C. predicting the future of the Internet of things.

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*Questions **16** to **22** are based on the following passage.*

1 At 15, Natalie Smith discovered that she had no womb: "There you are, growing into a woman, and suddenly you find out that you can't have children." The condition was a result of a birth disorder called Mayer-Rokitansky-Küster-Hauser syndrome (MRKH), and the diagnosis was devastating.

2 Now 34, Smith is playing with her four-year-old twins in her sunny suburban kitchen. The girls are the result of a surrogacy arrangement, which is the practice by which a woman or surrogate mother becomes pregnant and gives birth on behalf of someone who cannot have children. She said, "It was after I got married, and I was seeing a counsellor when she asked, 'What are your thoughts about surrogacy?' I responded negatively, but she said, 'Have you ever considered that surrogacy might be a positive experience?' She was right; it was."

3 While the law governing other fertility treatments has evolved in response to scientific, technological and social changes, British surrogacy law has remained unaltered for 30 years. Intended parents, surrogates and many within the legal profession now agree it must be changed. While some advocate the adoption of a commercial model similar to that seen in some US states, Surrogacy UK (SUK), a self-help organisation vehemently resist this, arguing that altruism must remain at the heart of British surrogacy law. The organisation's main concern was that the reforms would end up causing surrogacy to have a commercial approach, one that would involve contracts, transactions and profiteering, which are all prohibited under the current British law. Agencies are also not allowed to advertise for surrogates or profit from their services, and surrogates cannot charge a fee.

4 Hence Smith and her husband, Jon, had to find someone in the UK who was altruistic enough to carry their child for expenses only. They got in touch with SUK which also runs social events where "intended parents" and potential surrogates meet. There they met Jenny French, 28, a healthcare worker and the mother of three boys. "We chatted non-stop for seven hours," Smith says. "We got the call the next day telling us she'd like to be the surrogate mother to our child."

5 With SUK, after a surrogate offers to help, there is a three-month "getting to know you" period. If all goes well, a surrogacy agreement is then drawn up. Every detail is considered. Smith says, "The levels of contact during the pregnancy and after the child is born; everyone's feelings about diet, smoking, drinking; whether termination would be considered in this or that circumstance, and so on." It is also at this point that expenses are agreed.

6 After the agreement was made, two of Natalie and Jon's embryos were transferred to French's womb. "We were all in a room together when the embryos were transferred; we went to every single scan. Whenever the twins moved, Jenny would phone." By the time the twins were born, Smith says she knew them already.

7 Since giving birth to the twins, French has donated her eggs to another infertile couple and given birth to another surrogate baby, Hope, who was conceived using French's egg and is therefore her biological child. This made no difference to how she thought about the pregnancy, or the baby, French says. Parenthood is not about genetics or growing a child in your womb, she insists: "It

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is about intention." Although French is given an agreed amount of money to cover for her expenses, her expenses only include loss of earnings, maternity clothes, fares to hospital appointments and a few takeaways in the weeks after the birth: nothing excessive. She clearly does not do it for the money, so what motivates her?

8 "I fell pregnant easily with my oldest son, but struggled to conceive my second. It gave me an understanding of women who couldn't get pregnant. So when I eventually had my third, I thought, 'Now I have everything, I could help someone else.'" So she did. "It is great to watch them become a family, every time. Surrogacy is about friendship," French says simply.

9 Meanwhile, SUK's recent survey findings found that the British altruistic model of surrogacy was working well: most surrogates receive less than £15,000 in expenses, and many British surrogates actually resist the idea of being paid. They do not want others to profit at their expense. "It won't be the surrogates who get the money; it will be the lawyers and the agents" Jenny French says. Many surrogates also think that payments would stigmatise them as "baby-sellers". Hence, they resist the idea out of a feeling of solidarity or love, even for the intended parents. SUK also reported that many surrogates do it more than once and most maintain long-term contact with the intended parents and their children.

10 Louisa Ghevaert, a lawyer and a specialist in fertility and family law says "We won't really know the full impact of reproductive technologies on families for another 20 or 30 years. At the moment, there is an international patchwork of law. There is confusion and legal pitfalls, and intended parents need to proceed very carefully, especially if they go overseas. UK surrogacy at its best can be the fulfilment of the dreams of family; it is an expression of altruism, and it can deliver a biologically-related child, but the handing over of a child is a hugely significant event for everybody involved, and there is no getting away from that."

Adapted from Gardiner, B. (2015). The kindness of strangers: should surrogates get paid? Retrieved from http://www.theguardian.com/lifeandstyle/2015/nov/21/surrogacy-in-the-uk

16. A surrogate mother is
    A. a counsellor.
    B. a woman who supports surrogacy.
    C. a woman who aids in conceiving a child.
    D. a woman who was born without a womb.

17. What is the core principle in British surrogacy law?
    A. Altruism
    B. Reformation
    C. Social stability
    D. Commercialisation

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18. The British law allows surrogate mothers
    A. to charge a fee for their services.
    B. to gain profit from their services.
    C. to publicise their surrogacy services.
    D. to get some reimbursements for her expenses.

19. SUK's main responsibility is to
    A. acquaint surrogates and intended parents.
    B. provide legal advice to surrogates and the intended parents.
    C. propose that the British surrogacy law adopts a commercial model.
    D. mediate between the surrogates and intended parents so that a contract could be drawn.

20. What was French's main intention to become a surrogate?
    A. She enjoys parenthood.
    B. She has a deep love for children.
    C. She can relate to the feelings of a woman who cannot get pregnant.
    D. She is interested in the financial gains that she gets from the parents.

21. Below are some reasons why SUK claims that the current British model of surrogacy is working well, **except**
    A. Many surrogates have provided their services multiple times.
    B. Many surrogates still reject being paid a fee for their services.
    C. Many surrogates have developed lasting relationship with the families they assisted.
    D. Many surrogates refused to let lawyers and the agents take advantage of them.

22. Louisa Ghevaert believes that
    A. the existing surrogacy laws can protect intended parents' interests.
    B. the effects of surrogacy can only be fully understood in the future.
    C. more intended parents will be going overseas to search for surrogates.
    D. UK model of surrogacy is a better model compared to the commercial model.

Questions **23** to **30** are based on the following passage.

1 Choking haze from perhaps the worst forest fires in recorded history continues to blanket Indonesia, Malaysia and Singapore. However, in spite of what should be a teachable or learning moment, which is a recognition that current practices in Southeast Asia's agricultural sector are both economically, socially and environmentally damaging, the region risks returning to business as usual. Without a massive transformation of the agricultural sector, Southeast Asia must get used to pollution and resource destruction on this scale on an annual basis.

2 The world has never seen pollution on this scale. Forty million Indonesians have been affected by the haze, and that is just to quote a figure from just one country. Almost 140,000 people across the region have visited hospitals for respiratory illnesses. Health concerns have forced Malaysia to close schools for

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over 2 million children, rescheduled football fixtures, and cancelled a marathon with 30,000 registered participants. In Singapore, officials had to shut down a final event in the Swimming World Cup.

3 The environmental costs are equally dire. Indonesia's burning peat, which is called a "carbon time bomb" by environmental experts, has released more emissions in three weeks than Germany has all year. Indonesia now releases more emissions per day than the far more developed United States. Fires have also threatened Borneo's famed biodiversity. While the countless unseen small animals and insects may not be the threatened megafauna the world usually gets excited about, they are critical to the vitality of this critically important ecosystem and an unquantifiable planetary loss.

4 Politicians, scientists and environmentalists all agree that slash-and-burn agriculture is the immediate cause of the haze, but this explanation does not address the root causes of this issue, and thus does not develop a solution beyond generating heated discussions and nonenforceable pledges. The governments of the Association of Southeast Asian Nations (ASEAN) must instead confront an archaic agricultural sector based on a 19th century model of plantation farming, especially in palm oil, that thrives at the expense of rainforests, biodiversity and people. Even when companies are not engaging in deforestation directly, their rapid expansion often pushes small farmers off their land, who then engage in their own slash-and-burn clearing as they try to settle somewhere else.

5 The fires have been a colossal failure of governance. Some of this stems from local corruption and a lack of resources, both of which need to be urgently confronted. ASEAN has also been largely apathetic on the issue. Its Agreement on Transboundary Haze Pollution calls for greater enforcement but without providing any real plan or financial assistance to less-developed members. ASEAN cannot expect Indonesia to take on the responsibility for solving this difficult task alone, especially as plantation companies and commodity traders based in Singapore and Malaysia are also to blame for deforestation.

6 In the short term, Indonesia should send more troops to fire-stricken areas to handle the situation, but it needs to be backed up by greater international attention and resources. At the same time, Southeast Asia cannot be allowed to return to business as usual once the fires are over. ASEAN urgently needs to devise a long-term regional approach to forest fires, deforestation and agricultural development.

7 First, ASEAN should create a resource-management fund to provide assistance for monitoring and rapid response. A real-time map that properly represents forests, degraded land and ownership claims, to clarify where accountability lies, is desperately needed. In addition, an intensive campaign to reforest and reflood Borneo and Sumatra (to help preserve the peat) is essential to reduce the risk of further fires. ASEAN nations can also develop a framework for regional legal environmental liability. A regional resource-management court can give member countries a tool to pursue foreign-based companies contributing to the destruction.

8 Southeast Asia must ultimately target the deeper structural issues in the agriculture sector. Through taxation, stronger legal liability and other limits to growth, the region can work to make palm oil a "sunset industry" limited to the 6 million hectares of already deforested land. This can be the basis for a truly sustainable industry that is not allowed to expand using its current model of

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indiscriminate environmental destruction.

9 Southeast Asia's environmental catastrophe must be the catalyst for transformative solutions, not merely pointing fingers at Indonesia, or hoping plantation owners will follow nonenforceable pledges. Governments must be tougher on plantation owners, and actively provide alternatives. ASEAN has an opportunity to show that it can take regional environmental crises seriously; it must take it, before its forests are lost forever.

Adapted from Nair, C. (2015). Solving Southeast Asia's choking haze will require massive agricultural change. Retrieved from http://time.com/4097657/indonesia-forest-fires-haze-pollution-environment-asean/

23. What was the main lesson that the South East Asia region could learn from the worst forest fires ever recorded?
A. They must endure the pollution and loss of resources on a yearly basis.
B. They must be able to return to business as usual as soon as the haze clears.
C. They must realise that the way they carry out agricultural practices is destructive.
D. They must collaborate to improve the economy, society and the environment of the region.

24 What is the main idea of paragraph 2?
A. The haze has severely disrupted people's lives.
B. Indonesia is the worst hit area in Southeast Asia.
C. Many people suffered from respiratory problems due to the haze.
D. Cancelled activities due to the haze have caused a significant financial loss.

25. Below is some evidence why Indonesia's burning peat is particularly harmful to the environment, **except**
A. Its daily record of carbon emission surpasses than that of America.
B. It is likened to a carbon time bomb that could destroy the environment at any time.
C. Germany's carbon emission for the entire year is lower than its emission in 3 weeks.
D. It has forced the government to be involved in heated rhetoric and nonenforceable pledges.

26. Which word best replaces *archaic* in line 27?
A. Primitive
B. Destructive
C. Revolutionary
D. Contemporary

27. Why should Indonesia not bear the full responsibility for the haze crisis?
A. Many ASEAN members are apathetic on this issue.
B. Indonesia is experiencing a colossal failure of governance.
C. Indonesia is violating the Agreement on Transboundary Haze Pollution.
D. Many Singapore and Malaysian plantation companies and traders are also involved in the deforestation.

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28. Which statement about the use of a real-time map is false?
A. It maps the extent of the forests.
B. It identifies the owners of the land.
C. It determines the location of degraded land.
D. It promotes an intensive campaign to preserve the peatland.

29. What is the main benefit of making palm oil a "sunset industry"?
A. The growth of this destructive industry could be contained.
B. More land could be deforested to make way for palm tree plantations.
C. More companies could have the opportunity to join this lucrative industry.
D. ASEAN countries will be able to cultivate additional hectares of deforested land.

30. The author ends on a note of
A. hope
B. sarcasm
C. positivity
D. uncertainty

SECTION B: WRITING [20 MARKS]

Instruction: You are advised to spend about **50 minutes** on this task.

The government is trying to implement a new law that requires children to look after their aging parents. Do you agree? Discuss. You should write **at least 350** words.

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